

PREPARING FOR FRIDAY—PRETTY COLLARS—CYNTHIA'S ADVICE—OVERCOMING DIFFICULTIES

MRS. WILSON PLANS FIRST 1920 MARKET DAY

It Is Much More Economical and Satisfactory to Shop in Person Than by Telephone

Two or Three Times a Week Is Enough if There Is a Semimonthly Provision of Necessary Staples

By Mrs. M. A. Wilson

The first market day in the new year should bring to us a keen realization that it were to do our part in helping materially to reduce the costs of the bare necessities of life, we must personally visit the markets and be not ashamed to shop around in order to secure the most for the money spent.

Labor is demanding very high wages when we insist that the grocer, butcher, baker or candlestick maker delivers a box of matches, a pound of steaming meat or a measure of potatoes, he must pay the price labor demands and add this increased cost to the food you are buying.

Are you less physically able than your mother and grandmothers? Surely they thought nothing of carrying tremendously big market baskets and bringing home all their purchases.

The carrying of one's purchases tends to economy; it prevents needless purchasing and it also compels the merchant to select the food while you are present—all this means that you will obtain a better choice in quality, fully measured and just what you desire.

I have often visited the markets in the Little Jewish, Italian or Polish households select her purchases, watch her bargain and her eager desire to obtain the most for her few pennies. It is very seldom that the merchant is able to give her a measure of vegetables, produce or fruits that is certainly decayed or so-called, soft sweet potatoes or other decayed produce.

Yet how frequently have we been obliged to pay upon opening the market, selected by telephone, note or bill, to find that it was very disappointing.

A SUGGESTIVE MENU

- Breakfast: Baked Apples, Cereal and Cream, Panned Smoked Herring, Lyonnaise Potatoes, Rolls, Coffee. Dinner: Celery, Home-Made Chowchow, Pot Roasted Skirt Steak, Brown Gravy, Baked Ham, Mash'd Turnips, Scalloped Potatoes, Ginger Pudding, Salad. Supper: Cabbage Salad, Chowchow, Cold Stewed Lamb Tongue, Creamed Potatoes, Apple Cakes, Tea.

Mrs. Wilson Answers Queries

My Dear Mrs. Wilson—Please publish a recipe for making chocolate for covering nuts. Thanking you, F. S. B. Use hot chocolate. Melt it over hot water in a double boiler at a low temperature and add: One tablespoon of paraffin, or two tablespoons of cocoa butter to each one-half pound of chocolate. No. 8 My Dear Mrs. Wilson—Will you kindly tell me a good recipe for chocolate sirup to make hot chocolate in an urn, which has separate compartments for the sirup and water? M. E. K. Chocolate Sirup: One-half pound can of cocoa, One three-pound can of white sugar syrup. Heat slowly, stirring well. As soon as it comes to the boiling point it is ready to use. Reduce with hot water, if you desire a thinner sirup. No. 9 My Dear Mrs. Wilson—I have tried some of your recipes and have had success with them all. So I would like to ask you if you will let me know how to make the dough for apple cake. Thanking you for the same, MRS. E. L.

Apple Cake: Place in a mixing bowl: One-half cup of sugar, One egg, Four tablespoons of shortening, Two cups of sifted flour, Four level teaspoons of baking powder, Three-quarters cup of water, One teaspoon of cinnamon. Beat hard to mix thoroughly, then spread on well-greased and floured pan and cover with sliced apples. Sprinkle with cinnamon and brown sugar and bake in a moderate oven for thirty minutes. No. 10 My Dear Mrs. Wilson—Many thanks for the recipe for chocolate marshmallow cake, recently published. If convenient, will you kindly give directions for preparing the marshmallow whips at home, from the marshmallow confection and oblige, MRS. W. B.

Special machinery is needed for preparing this whip and it makes it impossible for the housewife to manufacture it at home. No. 32 My Dear Mrs. Wilson—Would you kindly advise me what to serve forty people at a 6 o'clock broilers and would like to know what expensive. Thanking you, I am, MRS. W. S.

Serve Baked Potatoes, Coffee, Sponges cakes, Coffee with the broiled chickens.

Ask Mrs. Wilson

If you have any cooking problems, bring them to Mrs. Wilson. She will be glad to answer you through these columns. No personal replies, however, can be given. Address questions to Mrs. M. A. Wilson, EVENING PUBLIC LEDGER, Philadelphia.

- One pound of baking powder, One box of salt, One and one-half pounds of coffee, One-half pound of tea, Two large cans of paprika, One can of chili powder, One can of powdered ginger, One bottle of cinnamon, mace, celery and vanilla essences, Five pounds of loose oatmeal, Six pounds of cornmeal, Three pounds of rice flour, Tena packages of bran, Three packages of oatmeal, Three pounds of lima and navy beans, One pound of dried peas. See that these foods are stored in clean, dry containers and that there is only one-half cup of freezing, the required amount for each meal. Purchasing staple supplies twice a month means a real economy and leaves the perishable foods for the twice of a week marketing. It is a good plan during the cold weather to purchase two weeks' supply of butter and eggs and store them in a cool place where there is no chance of freezing. When purchasing meat always insist upon the butcher's adding a small piece of suet and bone. Use this for making stock.

To Prepare the Skirt Steak

Have the butcher make a pocket in one end of the skirt of skirt steak. Now put through the food chopper: Six onions, One onion outside branches of celery, using the green tips as well, Four branches of parsley. Sufficient stale bread to make three cups, and then add: One teaspoon of salt, One teaspoon of pepper, One-half teaspoon of poultry seasoning.

Mix and then render the suet in a frying pan and add the above mixture. Cook slowly until the onions are soft and then cook and fill into the pocket. Sew the opening with a darning needle and string. Rub the meat with shortening and then put in one-half cup of flour. Brown the meat in hot fat in a frying pan. Lift to a saucer and add: Two cups of boiling water, One-half dozen large onions. Cook slowly for one and three-quarter hours. Lift the meat to a warm platter and season the gravy.

He Likes That "Smacking"

Dear Cynthia—I am a fellow from New York. I very seldom come to Philadelphia. But when I get a chance to come here I never forget to read the EVENING PUBLIC LEDGER. So I would like you to print my little letter to Brother Broken-Hearted O. You have told Cynthia that you have a very bad habit. Well, to me you appear as a girl who would like to have just what she doesn't like to hear, you smack him when he says it. He's bound not to say it again.

Adventures With a Purse

AGES and ages ago I told you about a kimono that is really more than a kimono. It is more like a lounging robe, soft and smart, it is a good piece of its well-cut lines. And I am telling you about them again, in case you were unable—financially or otherwise—to buy one then. Another one now has a limited number. They are made of Japanese crepe, come made up and ready to embroider and can be made in red, blue or gray. The design is in solid work and embroidered in rich contrasting colors with a touch of black; and a belt of black cord makes the sort of costume you wish you could wear on the street. They are distinctive and most becoming and are priced at \$3.75 and \$3.50.

When you see the pancake set I saw today you will agree with me that pancakes had their self-respect at all times. It is just naturally hard to turn out golden brown and light. The set consists of a batter spoon, a "flipper" for turning them over, a small metal ladle, a griddle and a piece of heavy "wax" for applying grease to the iron. Spoon and "flipper" are wooden-handled. The set costs only \$1.00. It is a perfect gift for the engaged girl, and really, you know, you ought to have a set for yourself.

One shop is having a sale, for this week only, which ought to help you cut down this week's house expenses. A special price of coffee is selling for two pounds for \$2c. Cocoa may be purchased for 30c for two tins, while two packages of ten-pound size, I think are priced at 50c. This is a real bargain, sale, and as I already have said, will be in effect only for the rest of this week.

The woman who has ever had any of those hyacinth bulbs which she has grown right in the house in a bowl of water knows what a real pleasure it is to see these bulbs begin to sprout and grow. And great is her pride if she can actually make one blossom. One little shop is having a sale of these bulbs, having picked them at the very special price of 35c for half a dozen.

Send a self-addressed, stamped envelope to the Editor of Woman's Page, or call Walnut 3090, for names of shops where articles mentioned in Adventures With a Purse may be purchased.

An Incident

Miss Constance Clark, of Alhambra, Calif., acting executive of the American Y. W. C. A. in France, was in London last month—in uniform, of course. She stopped at a certain corner to take a street car, along with a large group of people also waiting for the same car. A crowded car came along and made no signs of stopping, when suddenly the conductor "rang up" and stopped the car directly in front of her, asking her to get on, which she did. Then she inquired why the conductor had singled her out.

"Because you were so good to my girl in France," he replied. "She was a W. A. A. C. (Queen Mary's Auxiliary Army Corps). You had a blouse which she made for me to wear. She has talked a lot about the Blue Triangle but, the only bit of home she had over there."

At the New Year's Banquet Serve BANQUET COFFEE, 45c 5 Lbs. - \$2.15 DANNEHAUER & HERF 106-108 So. 2d St. 240 FRANKF. AV. 2741 KENS. AV.

Please Tell Me What to Do

By CYNTHIA

Sympathizes With "Sorry"

"Sorry" know that there are others in the same boat with her, so to speak, and I must say she has my sympathy as only those who have had her experience can give it. It is hard to really love a man who is indifferent to our every action. But for the children's sake nothing else can be done except to tear with all and try harder than ever to please, always hoping for the best. There is one exception, "Sorry," at least, has her mother, the visits being something to look forward to.

How Shall She Act?

Dear Cynthia—I am in my seven-teenth year. I have never gone to any parties, thereby having no occasion to have a young man take me home. Now, Cynthia, I am invited to a party and I am not sure of being introduced shall I repeat the name (boy or girl)? What are some interesting things to talk of? I seldom go anywhere and will not be able to talk of any previous pleasures. Is it better to talk while dancing than not, and who should start? Also, dear Cynthia, what must I know about a young man before I allow him to take me home? If I wish to meet any of the crowd again, how shall I go about it? BLUE EYES.

It is not necessary to repeat the name when introduced, simply bow and smile, and say, "I'm very glad to meet you."

Do not talk when dancing, except to remark about the good food; perhaps some passing comment. Try to draw the other out by finding what he likes to talk about. Have you read any interesting books of late? Talk of those you have.

You should have your father or brother call for you at the dance. Do not let a stranger take you home unless he has been asked by the hostess to take you. Say to those you meet and like that you hope to see them again, and if any of the boys ask if they may call give them permission to do so, but do not ask any one at your first party. Write till you meet a second or third time.

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The Question Corner

- 1. How can soot be removed from a carpet without making a smudge? 2. What unusual hair ornaments are being shown in the shops now? 3. Describe a convenient market basket for the woman who does weekly marketing on foot. 4. What decoration for a simple dress can easily be made by hand? 5. When the hands are chapped what substitute for soap is soothing to them? 6. What style of waist is very popular this season?

Yesterday's Answers

- 1. Putting a piece of tinfoil under a cake of soap will prevent it from running away into jelly in the bottom of the soap dish. 2. An attractive new style of vanity case is in the form of a bag with a frame of gold, and a center of silk, with a link chain to carry it. 3. The addition of a short crocheted arm to a knitted mitten for a child will hold it on more tightly. 4. In ironing clothes at home alternating with two rollers will save much of the hands from the heated board. 5. Ivory is popular now for bracelets. 6. A bias crepe de chine necktie can be pressed without ironing if it is moistened and wrapped tightly over a round pad and left overnight to dry.

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Some Pretty Collars A Daily Fashion Talk by Florence Rose



The jaunty young person at the left is wearing a collar of organdie with blue French dots and a jabot of plaited organdie. The rolling collar in the center is of chiffon and has cuffs to match. On the right is something novel in the "tab" line. Instead of being left lace these pieces are plain, with a simple border of hemstitching.

SO OFTEN the neckwear that we would like to have is quite beyond any rational hope of ours. But to find the right piece of neckwear at a price within reach of your pocketbook is not actually an impossibility. It is just a matter of looking around and asking. To be sure it must not be elaborate, but it may be just as effective, even though very simple.

Very in vogue this is a season of renewed interest in neckwear. More and more it is coming into the picture and now is an excellent time to freshen up your frocks that you are wearing in the season as well as the "marked-down" frock that you are buying now, with some neckwear accessories.

"CINDERELLA'S DAUGHTER"

By HAZEL DEVO BACHELOR Copyright, 1920, by the Public Ledger Company

Feathering the Nest

SYNOPSIS

Virginia West, who becomes engaged to Jimmy Anderson while she is in boarding school, is very different from her friend of friends, Kathleen Foster, who becomes engaged at the same time just for the fun of the thing. Mrs. West tries her best to break up the attachment between Jimmy and Virginia, but thought early in the season even after she confesses that she has run through her money and is depending on a rich marriage for Virginia to pull them out of difficulties. Mrs. Anderson visits the Andersons, and Mrs. West goes to visit a sister. Just before Virginia's marriage Mrs. West writes of her sudden marriage to a Mr. Train and her instant departure for Japan. In the meantime the Andersons are trying their best to make Virginia into an ideal wife for Jimmy.

Virginia had wanted to go hunting for apartments. She had dreamed of selecting her own things no matter how simple and how few, and of placing them in her home. But she did not know how to do it. Jimmy did not want her in the city alone and he had very little time to spare, and so she went with Mrs. Anderson and the selection of the apartment was Mrs. Anderson's own.

Out of the \$50 a week that Jimmy made, Mrs. Anderson thriftily planned a weekly stipend of not more than \$12 for rent. She carefully explained to Virginia that time-worn phrase about paying as much a month for rent as one's weekly salary. She told it with a flourish as though it were a money-saving idea that she had devised herself, and Virginia, who had never thought about weekly salaries and rents, meekly listened and acquiesced.

There wasn't much in the way of an apartment that could be obtained for that money and when Virginia's heart leaned toward a two-room shabby place with a certain picturesque quality that would make up for what it lacked in conveniences, Mrs. Anderson was not hear of it.

"That bathroom is awful," she exclaimed, peering at the old-fashioned hot-water heater. "I don't approve of these old houses any way. What you want is a nice, clean, modern place. Even if it is small you can be assured of conveniences."

And it was Mrs. Anderson who advised the ugly little square-roomed apartment, shabby and new, but lacking in attractiveness, and it was Mrs. Anderson who protested when Virginia wanted to poke about in antique shops and second-hand auction rooms for old pieces that could be picked up for a song.

"Old dirty furniture that isn't practical," she ridiculed gently. She had this way about her when she argued

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The Woman's Exchange

Mall Service to Mexico

Dear Madam—Can you tell me if Americans in Mexico at this time are permitted to send letters to the United States? Also, are we in the United States permitted to send letters there; that is, will they be sent into Mexico if mailed here? M. D.

As far as we know, Americans in Mexico are permitted to send letters to this country. The mail service between the two countries is going on regularly. Letters mailed here will be sent into Mexico. I have heard that men in the service on special missions to Mexico, are not permitted to write, but that should not affect civilians.

To Mrs. A. E.

Have you called up the telephone information to ask about this store? Call them up and give the name, old address and number of the place, and ask them where it has been moved to. I find that there is another person or another telephone in the book having the same initials as the one you mentioned. Why don't you call him up and ask if he is the person you are looking for? He might be able to tell you where the store has been moved. I hope you will be successful in finding it.

Exercising to Reduce

Dear Madam—I, like many others, have come to you for help. Will you please describe some exercises to reduce the bust? A DAILY READER.

I am unable to give you specific exercises to reduce your bust, but if you take general exercises that will harden all your muscles and reduce all superfluous "fat" you can make your proportions regular. A physical culture expert can give you some exercises that will make you reduce. If you are stout all over you can reduce by diet and regular exercise, but you had better consult a physician for the proper diet.

Author of Familiar Quotation

Dear Madam—Who is the author of "Eternal vigilance is the price of liberty"? A. A. W.

John Philip Curran said these words in a speech on the rights of election in 1790.

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WE WASTE SO MUCH TIME SAYING "HOW HARD THIS IS"

That We Don't Take Any Steps Toward Making Our Task Easier—Hitting a Problem in the Middle One Way to Solve It

DO YOU ever feel as if the whole world had laid its responsibilities on your shoulders? Do you get awake in the morning thinking, "What is this burden that oppresses me?" And then does the weight come over you relieve you for a minute and afterward depress you like the tired rainy day in succession? Sometimes it's a telephone call that you know is going to be embarrassing (breaking an engagement with some one who "won't take no for an answer"). Sometimes it's a business letter that is rather complicated that must be handled very delicately in order to be "made up" satisfactorily—and often it is nothing more serious than cleaning the living room. But it weighs you down. You don't know how to go about it. That's the trouble (you catch at that as an alibi for your cross disposition, while the difficulty is still unsolved). You don't know how to go about it, how to start it; it's so impossible to get at.

When I feel that way I remember the words of a school teacher who had just given an exam and was saying to the next day, "I know it's long," she said, in answer to protests from her class. "But it won't be so bad if you'll just do it. The trouble with all of you is that you sit down and mope and grumble because it's too long and you can't do it and you haven't time. The only way to do it is to do it. You waste so much time saying how hard it is that you don't have any time to find out whether it is hard or not."

Those words apply to so many other things than lessons in school. They apply to that telephone conversation.

The only thing to do is call the number, plunge in—and probably find that it could be more convenient for the other person if you didn't come. It applies to that complicated letter. Look it over, find out whether you can compose the beginning of it. If you're unsuccessful with that, try the end of it. If neither of them is possible, try it right in the middle, write a paragraph—and the rest of the letter will write itself. Just as a jig-saw puzzle gives itself away when you have the center of it. Perhaps it would be easier for you to start your cleaning by dusting the furniture—that's not the way to begin, and you'll have the dusting to do over again after the sweeping, but at least it starts you.

Impulsive, headlong, rash, are some of the terms that will probably be applied to you. You might deserve them, if you make a practice of this kind of reckless action. But there are times when the best, the most methodical, the most systematic and efficient of us toward some problem that seems to have no right and easy entrance for a solution. When the push is not given we find it hard to get going. But let's attack! Even if we're not successful at first, we'll at least get rid of his heavy dread of something that has to be done and isn't.

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